

Sexuality education and Down Syndrome: Resource list



Family Planning Victoria is a leading, not for profit, statewide provider of sexual and reproductive healthcare, education and advocacy. Our resource centre bookshop and library offers a wide range of specialised resources including books, DVDs, kits and brochures.

Catering to a diverse audience, we endeavour to meet the information needs of the general public, healthcare professionals, teachers and parents. We also aim to provide an extensive selection of resources to support professionals working in special education settings and carers of people with disabilities. These resources cover a variety of topics including puberty and development, public and private behaviours, sexuality, contraception and safer sex, protective behaviours, as well as bullying and self-esteem. The following are some suggested resources on sexuality education for people with Down Syndrome (please note that all prices are inclusive of GST):

Books

- *Talk to me: a personal development manual for women and girls with Down syndrome, and their parents*, by Lel D'aegher, Pier Robinson and Susan Jones, Down Syndrome Association of NSW

This book has been specifically written to assist parents in preparing their daughters with Down Syndrome for adolescence. It contains explicit sexual language, clear drawings of body parts and explanations of their functions. It is available for download, at no cost, through Down Syndrome NSW's website at

<<http://www.downsyndromensw.org.au/resources.php/5/talk-to-me>>.

- *Teaching children with Down Syndrome about their bodies, boundaries, and sexuality: a guide for parents and professionals*, by Terri Couwenhoven, ISBN: 9781890627331, various prices

This book takes a healthy, proactive approach to educating children with Down Syndrome about their bodies and sexuality. It is available for purchase through Amazon at

<<http://www.amazon.com>> or the Book Depository UK at

<<http://www.bookdepository.com/>>.

Websites

- Down Syndrome Association of Victoria at <<http://www.downsyndromevictoria.org.au>>
Here, you will find reference lists of recommended resources on a range of topics.
- Down Syndrome NSW at <<http://www.dsansw.org.au>>
Here, you will find reference lists as well as a range of specialised resources that are available for download.
- Down Syndrome Education Online at <<http://www.down-syndrome.org/>>
Here, you will find comprehensive information about Down Syndrome, including articles, books and scientific papers.

Articles

- *Beyond birds and bees*, by Kardella Whelan, Family Planning Victoria, published in *Voice* (Down Syndrome Victoria's member journal)

This article is available for download through Down Syndrome Victoria's website at

<<http://old.dsav.asn.au/Voice/Beyond%20birds%20and%20bees.pdf>>.

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- *Navigating puberty*, by Kardella Whelan, Family Planning Victoria, published in *Voice*
This article is available for download through Down Syndrome Victoria's website at
<<http://old.dsav.asn.au/Voice/Navigating%20Puberty.pdf>>.
- *Sexuality and relationships education for people with Down Syndrome*, by Amanda Wood,
published in *Down Syndrome News and Update*
This article is available for download through Down Syndrome Education Online at
<<http://www.down-syndrome.org/practice/330/>>.

More information

For additional resources that you may find useful, see our resource list titled *Sexuality education for children and teenagers with intellectual disabilities*. To access this list, contact our resource centre bookshop on T/ 03 9257 0146. For more information about Family Planning Victoria's broad range of resources on sexuality education for young people with special learning needs, go to <<http://www.fpv.org.au/resource-centre/bookshop/disability/>>.